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**CLAIMS:**

What is claimed is:

1. A method for backing up data, the method comprising:  
establishing at a server a connection with a  
5 wireless device over a wireless network using a wireless  
protocol;  
pushing a request to backup data to the wireless  
device;  
receiving the data from the wireless device; and  
10 storing the data on a storage device connected to  
the network.
2. The method as recited in claim 1, wherein the  
connection is established in response to receipt of an  
indication that the wireless device has been powered on.
- 15 3. The method as recited in claim 1, wherein connection  
is established periodically.
4. The method as recited in claim 1, wherein the  
connection is established in response to receipt of a  
request to backup data from the wireless device.
- 20 5. The method as recited in claim 1, wherein the step  
of pushing the request comprises sending a textual based  
service load to a proxy server, wherein the proxy server  
is configured to translate textual based service loads to  
binary based service loads and send the translated  
25 service load to the wireless device.

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6. The method as recited in claim 5, wherein the service load provides a uniform resource identifier for an application that the wireless device may retrieve to transmit the data to the server.

5 7. The method as recited in claim 1, wherein the data includes at least one of phone lists, calendars, address lists and note.

10 8. The method as recited in claim 1, wherein the connection between the server and the wireless device uses unused extra bandwidth.

9. A method on a proxy server for facilitating data backup, the method comprising:

15 receiving a request in a first protocol from a backup server for a wireless client to backup data to the backup server;

translating the request formatted in the first protocol into a translated request formatted in a second protocol, wherein the second protocol is compatible with the wireless client;

20 sending the translated request to the wireless client over a wireless network;

receiving over the wireless network the data from the wireless client formatted in a third protocol;

25 translating the data formatted in the third protocol into translated data formatted in a fourth protocol compatible with the backup server; and

sending the translated data to the backup server.

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10. The method as recited in claim 9, wherein the request is a textual based service load providing the client with a uniform resource identifier for an application which will identify, locate, and transmit the requested data to the backup server.

11. The method as recited in claim 9, wherein the translated request is a binary based service load.

12. The method as recited in claim 10, wherein the third protocol is a wireless application protocol.

13. The method as recited in claim 10, wherein the fourth protocol is a hypertext transfer protocol.

14. A method for backing up data, the method comprising:  
 responsive to receipt of a push from a backup server via a wireless network to backup data, retrieving, without user intervention, the data to be backed up from storage within the a wireless client; and  
 transmitting, without user intervention, the data to be backed up to the backup server via the wireless network utilizing a wireless protocol.

15. The method as recited in claim 14, wherein the data to be backed up is sent to the server by way of a proxy server and is sent using a wireless application protocol.

16. The method as recited in claim 14, further comprising:

transmitting a request to the backup server via the wireless network to retrieve backed up data;  
 receiving the backed up data from the backup server

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via the wireless network; and

storing the backed up data on the wireless client.

17. A method on a server for reloading backed up data, the method comprising:

- 5 receiving a request for backed up data from a wireless client connected via a wireless network;  
retrieving the backed up data corresponding to the wireless client; and  
transmitting the backed up data to the wireless  
10 client via the wireless network.

18. A computer program product in a computer readable media for use in a data processing system implemented as a server for backing up data, the computer program product comprising:

- 15 first instructions for establishing a connection with a wireless device over a wireless network using a wireless protocol;  
second instructions for enabling a request to backup data to be pushed to the wireless device;  
20 third instructions for receiving the data from the wireless device; and  
fourth instructions for storing the data on a storage device connected to the wireless network.

19. The computer program product as recited in claim 18,  
25 wherein the connection is established in response to receipt of an indication that the wireless device has been powered on.

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20. The computer program product as recited in claim 18, wherein the first instructions comprise instructions for establishing the connection periodically.

21. The computer program product as recited in claim 18,  
5 wherein the connection is established in response to a request to backup data received from the wireless device.

22. The computer program product as recited in claim 18,  
10 wherein the second instructions comprise instructions enabling the transmission of a textual based service load to a proxy server, wherein the proxy server is configured to translate textual based service loads to binary based service loads and send the translated service load to the wireless device.

23. The computer program product as recited in claim 22,  
15 wherein the service load provides a uniform resource identifier for an application that the wireless device may retrieve to transmit the data to the server.

24. A computer program product in a computer readable media for use in a data processing system implemented as  
20 a proxy server for facilitating data backup, the computer program product comprising:

first instructions for enabling receipt of a request, formatted in a first protocol, from the backup server for a wireless client to backup data to the backup  
25 server via a wireless network;

second instructions for translating the request formatted in the first protocol into a translated request formatted in a second protocol, wherein the second protocol is compatible with the wireless client;

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third instructions for enabling the transmission of the translated request to the wireless client;

fourth instructions for enabling the receipt of the data from the wireless client formatted in a third  
5 protocol;

fifth instructions for translating the data formatted in the third protocol into translated data formatted in a fourth protocol compatible with the backup server; and

10 sixth instructions for enabling the transmission of the translated data to the backup server.

25. A computer program product in a computer readable media for use in a data processing system implemented as a wireless client for backing up data, the computer  
15 program product comprising:

first instructions, responsive to receipt of a push from a backup server via a wireless network to backup data, for retrieving, without user intervention, the data to be backed up from storage within a wireless client;  
20 and

second instructions for enabling the transmission of the data, without user intervention, to be backed up to the server via the wireless network utilizing a wireless protocol.

25 26. A computer program product in a computer readable media for use in a data processing system implemented as a server for reloading backed up data, the computer program product comprising:

first instructions for enabling the receipt of a  
30 request for backed up data from a wireless client connected via a wireless network;

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second instructions for retrieving the backed up data corresponding to the wireless client; and  
third instructions for enabling the transmission of the backed up data to the wireless client via the  
5 wireless network.

27. A system for backing up data from a wireless device onto a server via a network, the system comprising:

a communication unit which establishes a connection with a wireless device over a wireless network;

10 a backup initiator which pushes a request to backup data to the wireless device;

a receiver which receives the data from the wireless device; and

15 storing unit which stores the data on a storage device connected to the network.

28. The system as recited in claim 27, wherein the connection is established in response to receipt of an indication that the wireless device has been powered on.

29. The system as recited in claim 27, wherein the  
20 connection is established periodically.

30. The system as recited in claim 27, wherein the connection is established in response to a request to backup data received from the wireless device.

31. A system for facilitating data backup, the system  
25 comprising:

a request receiver which receives a request in a first protocol from a backup server requesting that a wireless client backup data to the backup server;

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a first translator which translates the request formatted in the first protocol into a translated request formatted in a second protocol, wherein the second protocol is compatible with the wireless client;

5 a first transmitter which sends the translated request to the wireless client via a wireless network;

a data receiver which receives the data from the wireless client via the wireless network formatted in a third protocol;

10 a second translator which translates the data formatted in the third protocol into translated data formatted in a fourth protocol compatible with the backup server; and

15 a second transmitter which sends the translated data to the backup server.

32. The system as recited in claim 31, wherein the request is a textual based service load providing the client with a uniform resource identifier for an application which will identify, locate, and transmit the requested data to the backup server.

33. The system as recited in claim 31, wherein the translated request is a binary based service load.

34. The system as recited in claim 31, wherein the third protocol is a wireless application protocol.

25 35. The system as recited in claim 31, wherein the fourth protocol is a hypertext transfer protocol.

36. A system for backing up data to a server via a network, the system comprising:



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a data retriever which, responsive to receipt of a push from a backup server via a wireless network to backup data, retrieves, without user intervention, the data to be backed up from storage within the client; and

5 a transmitter which transmits, without user intervention, the data to be backed up to the backup server via the wireless network utilizing a wireless protocol.

10 37. The system as recited in claim 36, wherein the wireless device is a wireless phone.

38. The system as recited in claim 36, wherein the wireless device is a personal digital assistant.

39. A system for reloading backed up data onto a wireless client, the system comprising:

15 a receiver which receives a request for backed up data from the wireless client;

a retrieval unit which retrieves the backed up data corresponding to the wireless client; and

20 a transmitter which transmits the backed up data to the wireless client.